

Claims

1. A method of exercising a hand, said hand including fingers and a palm, said method including the steps of

(a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said exercise apparatus having a deformability which permits one portion of the apparatus to be rotated by the fingers while another portion of the apparatus is stationary;

(b) grasping the exercise apparatus in the hand between the fingers and palm such that a first portion of the apparatus is grasped by the fingers and a second portion of the apparatus nests in the palm of the hand;

(c) using the fingers to simultaneously

(i) displace said first portion toward said second portion, and

(ii) rotate said first portion while said second portion generally remains nested in and is prevented from rotating by the palm.